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MONTHLY

INDUSTRIAL NUTRITION SERVICE



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For employee publications, and individuals
and groups promoting nutrition education
Commodity Credit Corporation
WAR FOOD ADMINISTRATION, Office of Distribution (OS)
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With less of some foods we like to eat, such as meats and sweets, it is good news to hear that some other foods will be plentiful. If the weather man doesn't get too erratic, there will be plenty of vegetables--in a wide variety, too. This year's vegetable production on farms is expected to top the 1944 level. Add to this the Victory Gardeners' crops from back yards, community and factory gardens, and there should be plenty of vegetables to help to fill our plates with colorful, tasty foods that have a lot of what it takes to maintain health.

Vegetables in Plentiful Supply

There will be tomatoes, carrots, new potatoes, cabbage and onions in plentiful national supply in June. Green peas, asparagus, leaf lettuce, green onions, and radishes will be available in local markets.

Food Values in Vegetables

Some of the hidden vitamins in vegetables will prevent some of the results of hidden hunger, or what the doctors call "vitamin deficiencies."

Take carrots, sweetpotatoes, and broccoli, spinach, and other leafy greens, for example. They have liberal amounts of vitamin A. This is the vitamin necessary (1) to maintain normal vision at night, (2) for normal growth, (3) for resistance to infections of the respiratory tract.

Citrus fruits are the richest sources of vitamin C which is necessary (1) to maintain healthy teeth and gums, (2) to regulate muscle tone. Some vegetables are also good sources of vitamin C, especially when they are eaten raw. Tomatoes are an excellent source. Cabbage, cauliflower, broccoli, spinach, collards, and other leafy greens also contain Vitamin C.

Eat Them and Like Them

Industrial feeding has increased the popularity of vegetables among war workers. Many industrial plants now offer special plate lunches that include at least two vegetables. Some plants provide a choice of hot and cold vegetable plates as well as the meat or meat alternate entree plate special. In many plants 75 percent or more of the workers are choosing plate specials. This means that many workers have become accustomed to better balanced meals, and have learned to eat vegetables and like them. Better vegetable preparation helps to increase their popularity. When they are cooked a short time in a little water, they look and taste better.

Selection Guide

When no plate specials are available, here's a guide that will help in selecting the kind of vegetables that "go" with the main dish. Choose vegetables that add variety of flavor, color, and texture as well as food value. Here are two good combinations:

1.

Hamburger cake
Mashed potatoes
Buttered green beans
Cabbage and carrot salad

2.

Fried fish fillet with lemon
Parsleyed new potatoes
Tossed salad of leaf lettuce
tomatoes, cauliflower, and
green pepper

Don't Blame the Potato for Plumpness

Some women refuse to eat potatoes for fear of getting fat. A potato a day will not cause plumpness. A medium-sized potato contains only about one-fourth as many calories as a piece of apple pie. It supplies no more calories per average serving than does a large apple or a slice of bread one-half inch thick. Potatoes contain a goodly supply of vitamin C, iron and other minerals. Don't pass them by unless you are following doctor's orders.

Food on the Job Here and There

A New England industrial plant sent three women workers to cooking school in Boston. The reason for attending the cookery demonstrations was to promote interest in a new series of women's pages in the plant magazine. Each month two pages in the magazines are devoted to recipes, menus, and household hints that are helpful to women workers.

A midwestern industrial plant held a Victory Garden contest last fall. Forty-three workers competed for prizes, and displayed 454 exhibits. The highest scorer won 8 first prizes and \$33.75 worth of war stamps!

In a West Coast plant, over 95 per cent of the workers eat a plate lunch special that includes two vegetables, a vegetable salad, entree, bread, butter, dessert, and beverage. Plant turn over is 1.6 per cent and the absenteeism is 2.5 per cent.